

View this article online at: [patient.info/news-and-features/video-hip-replacement-recovery-exercises](https://patient.info/news-and-features/video-hip-replacement-recovery-exercises)

## **Video: Hip replacement recovery exercises**

There are different types of hip replacement surgery depending on the injury, the severity of the injury and the surgeon performing the procedure. This leaflet is to be used only a guideline once you have discussed and confirmed with your surgeon and medical team that the exercises below are appropriate for you following your surgery.

The following exercises are recommended to help reduce swelling and pain, increase range of movement and strengthen the muscles around the hip joint and prevent future problems.

### **Range of movement exercises**

**Please remember that these exercises can only be completed once cleared with your surgeon and medical team**

#### **Hip and knee flexion sitting on the floor**

1. Sitting with your legs straight out in front of you, support your back if necessary.
2. Place a plastic bag under the heel and slide it towards your bottom, using your hands for support if necessary.
3. Slow and controlled, straighten leg back out to the starting position.
4. Repeat 10 times on each affected knee, twice daily.

#### **Hip flexion/extension/abduction**

1. In a standing position, support yourself by holding on to the back of a chair.

2. Flexion: stand sideways on to the chair and swing your leg forward, with the toes facing up towards the ceiling. Return the leg back to the start position.
3. Extension: stand facing towards the chair and, with a flexed foot, swing the leg behind you and return back to the start position.
4. Abduction: stand facing the chair and, with a flexed foot, lift the leg out to your side and back down.
5. Complete all exercises 10 times, twice daily.

## Stretches for the muscles of the hip joint

**Please remember that these exercises can only be completed once cleared with your surgeon and medical team**

### Quad stretch

1. Stand with your hands supported on the back of a chair.
2. Bend one knee and bring your foot towards your bottom.
3. Hook your hand around your ankle and pull the ankle closer towards the bottom to feel a stretch in the thigh muscle at the front of the leg.
4. Be sure to keep the knees touching.
5. Hold the stretch for 20 seconds; repeat three times on each side, twice daily.
6. Hip flexor stretch.
7. To simplify, either hold on to your trouser legs or place a towel or band around the ankle. This can also be completed lying on your side with the operated leg up.

### Hamstring stretch

1. Sit upright in a chair with both your knees bent.
2. Straighten the operated leg as much as possible and flex your foot - toes to the sky

3. Take your body weight forward – DO NOT PASS 90° at the hip.

## Strengthening for the hip muscles

Please remember that these exercises can only be completed once cleared with your surgeon and medical team

### Isometric quads

1. This a simple but very effective exercise for people with very weak quads (particularly after surgery).
2. Sitting on the floor, support your back and position your legs straight in front of you.
3. Start by pushing one knee down into the ground, feeling the quad (thigh) muscle activate.
4. Hold for 10 seconds and repeat 10 times on each leg, twice daily.

### Inner range quads

1. Start sitting on the floor, support your back and position your legs straight in front of you.
2. Place a rolled-up hand towel underneath one knee.
3. Point your foot to the ceiling before pushing your knee down into the towel. You should feel your heel lift off the floor.
4. Hold for 10 seconds and repeat 10 times on each leg, twice daily.

### Straight leg raise

1. A progression form the exercises above.
2. Sitting on the floor, support your back and position your legs straight in front of you.
3. Turn your foot outwards, push your knee down into the floor before lifting your leg off the ground 4-6 inches.
4. Hold for 10 seconds and repeat 10 times on each leg, twice daily.

## **Sit to stand**

1. Start sitting on a chair.
2. Without using your hands for support, stand up from the chair and then sit back down again in a slow and controlled movement.
3. Complete this exercise 20 times.
4. As you improve, increase the number of repetitions gradually up to 50; you can also try this exercise from a lower chair.

## **Wall squat**

1. Stand with your back to the wall.
2. Place your feet shoulder distance apart and away from the wall.
3. Slowly slide your hands down the wall as you lower your body into a squat position.
4. Do not allow the knees to buckle in by keeping the knees directly over the middle toes.
5. Hold for 10 seconds and repeat 10 times, twice daily.
6. If you do not have access to a wall, you can complete a standing squat, ensuring your knees stay in line with your middle toes, your weight is distributed back through your heels and your chest remains proud and open. If you get an increase in hip pain, you should stop and seek professional advice.

## **Static glutes**

1. Sit on a chair with your back supported.
2. Clench your bottom muscles together and hold for 10 seconds. Repeat 10 times, twice daily.

## **Bridge**

1. Lie on your back with your knees bent.

2. With your arms relaxed down by the side of your body, push through your feet and lift your pelvis upwards off the floor; in a slow and controlled movement, lower it back down. Make sure you feel your bottom muscles active as you lift your pelvis, by squeezing them together.
3. Complete this exercise 20 times, twice daily.

**Disclaimer:** This article is for information only and should not be used for the diagnosis or treatment of medical conditions. Egton Medical Information Systems Limited has used all reasonable care in compiling the information but makes no warranty as to its accuracy. Consult a doctor or other healthcare professional for diagnosis and treatment of medical conditions. For details see our [conditions](#).

<b>Last updated by:</b> Lilly Sabri 15/12/2017	
<b>Peer reviewed by:</b> Dr Sarah Jarvis MBE, FRCGP 15/12/2017	

View this article online at: [patient.info/news-and-features/video-hip-replacement-recovery-exercises](http://patient.info/news-and-features/video-hip-replacement-recovery-exercises)

Discuss Video: Hip replacement recovery exercises and find more trusted resources at [Patient](#).



To find out more visit [www.patientaccess.com](http://www.patientaccess.com)  
or download the app



Follow us

